

## Bringing good breast health to you

The AHS Screen Test Mobile Mammography Clinic will be returning to the **Stony Plain – Westview Health Centre on April 8 - 13, 2019**. Screen Test brings breast cancer screening to women across Alberta with its state-of-the-art mobile mammography clinic.

We are asking for your help to raise awareness about the clinic and the importance of breast cancer screening. It would be great if you would put up the attached e-poster in your offices, post on your Facebook pages and forward to your contacts. Here's a bit more info about the clinic:

**What:** AHS Screen Test Mobile Mammography Clinic

**Where:** Westview Health Complex – 4405 South Park Dr.

**When:** April 8 - 13, 2019

**How to book:** Call 1-800-667-0604 (toll-free)

**Cost:** None

### Who is eligible for a mammogram?

- For women 40-49, screening is optional and they should discuss the [risks and benefits](#) of screening with their health care provider. A [referral](#) is needed for their first mammogram. Screen Test referral forms are available online at <http://www.albertahealthservices.ca/frm-20078.pdf>.
- Beginning at age 50, women should plan to get a mammogram every 2 years until they turn 75. This group can self-refer.
- Women 75 and over can continue screening and should discuss the risks and benefits with their health care provider, and may also self-refer.
- Screening mammograms are not recommended for women under age 40. Women in this age group should discuss their breast cancer risk and screening options with their health care provider.

**Why are mammograms important?** Screening mammograms are routine checks used to find early signs of cancer in women who have no apparent breast problems or symptoms. They can find changes in the breast that are too small to be felt by a woman or her doctor. Early detection with mammograms is one of the reasons that most women (90%) are now surviving breast cancer. For more information about the Screen Test program, or to check out the mobile clinic schedule, visit our [website](#).

Thank you for supporting breast cancer screening for women in your community,

Harmony

**Harmony McRae, RN, MSc**

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